



West Valley City Fitness and Recreation Center News



Membership Has Its Advantages!

Did you know that for less than one dollar per day, your family can have access to West Valley City's award-winning Family Fitness Center? Featuring a lap pool, a leisure pool with the state's tallest indoor waterslide, basketball and racquetball courts, an indoor track, cardio equipment, a weight room, a climbing wall, dance and aerobic rooms, and a soft-play "edutainment" room for children, the Family Fitness Center has something for every member of the family!

In addition to the many amenities, your membership includes free child care (first hour free, \$1.50 for each additional hour), two free personal training sessions for each adult on the membership (up to four sessions), free monthly body composition testing, discounts on programs and special events, free use of rental equipment, discounts on party packages, free movies and crafts in the edutainment center, one free four-week fitness class pass each year, and more!

For more information, call 955-4000 or visit www.westvalleyfitnesscenter.org.

Tae Kwon Do (For ages 8 & older)

Tuesdays and Thursdays

New/Beginner:
7 - 7:45 pm

Intermediate/Advanced:
7:45 - 8:30 pm

Members, \$25; non-members,
\$35 (monthly)

Kidz Kamp Summer Program

For boys and girls 5-11 years old

Camp runs June 7 through August 27

Themed weeks include:
Western Week, Medieval Week,
Sports Week, Around the World
Week, Super Hero Week, Under
the Sea Week and more!

Monday – Friday
7 a.m. to 6 p.m.

Includes: field trips, arts & crafts,
swimming, sports, Kidz Yoga, Kidz
Zumba, silly games, rock climbing,
yummy lunch, snacks and much more.

\$90 per week per child and \$80
per week for additional children
OR \$20 per day per child
(no refunds or date changes)

Register by Wednesday 1 p.m.
the week prior to camp.
**No late registrations or
date changes accepted.**

WestFest 5K

Saturday, June 26, 2010
Race start time is 7:30 a.m.



Register by mail (must be post-
marked by June 18) or at the
Family Fitness Center (5415
West 3100 South, West Valley
City) or day of race 6-7 a.m.

Late fees may apply – see below.

Adults (18 & older) \$10
Youth (17 & under) \$5

*Families \$35 (up to six family members –
each additional family member is \$5)
* Family Definition: Family members must live
in the same residence and be related.

**Entries received after June 18 will
have a \$5 late fee added.**

KIDS FUN RUN

For ages 8 and under.
FREE for family members of 5k participants
and \$5 for all others.
Kids Fun Run registration form required.

For additional information, please call
801-955-4000.

Busy Bee

This twice-a-week program is designed
for 3 to 5 year olds (must be potty
trained), and features a variety of
activities including arts & crafts,
music, letter & number recognition,
and more!

Members - \$40/month
Non-Members - \$45/month

For more information, call
(801) 955-4000.

Wellness Tip of the Month Tomato Health?

Red, yellow, pink, orange – tomatoes come in many different shapes, colors and varieties. They all taste great and provide many health benefits, too. Just eating one tomato a day provides one-third of your daily requirement of vitamin C and one to two grams of fiber. Tomatoes are a great complement to sandwiches, salads, pasta and rice and can provide additional flavor to meat, fish and poultry.

Tomatoes are good sources of vitamin C and potassium. They also pack plenty of the phytochemicals that provide disease prevention benefits. Tomatoes are high in lycopene and phenolic compounds, which may aid in heart disease prevention and help reduce your risk of prostate and digestive tract cancers.

** Nothing provided herein should be construed as substitute for advice or treatment by a medical or health care professional. Any information pertaining to your health should be reviewed with your doctor.

Swimming Lessons

Parent/Infant Classes:
Four 30-minute lessons
Members, \$15; non-members, \$21

Private Lessons:
30-minute lesson - \$15

**Semi Private Lessons
(up to 3 people):**
30-minute lesson - \$20

For more information about aquatics
programs, call 955-4001.



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 www.WestValleyFitnessCenter.org
Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.
Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 10:30 a.m. - 4 p.m.
Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 12 p.m. - 4 p.m.

